1976 OAK

Frank L. Griffin

1976

THE WILLIAMSPORT HOSPITAL

SCHOOL OF NURSING

PRESENTS

THE 1976 EDITION OF

THE OAK

1976

1776

WILLIAMSPORT HOSPITAL SCHOOL OF NURSING

DEDICATION

MRS. ANNE PATTERSON, B.S.Ed.

"To teach is to share oneself with another to the end that both grow by the experience."

When we, the Class of 1976, entered nurses' training, little did we realize how essential it was to have an enthusiastic, dedicated instructor who, in effect, would help mold us as nurses. That first year was the foundation upon which our succeeding years rested and we gained first impressions of what nursing really involved. One instructor in particular helped us over those rough roads by showing that she cared, by interceeding for us at faculty meetings, and by totally involving herself in our projects and problems. During the first half of our training she was not only our instructor, but also our class advisor. Now, because of her sincerity, because of her love, because of her aspirations for us, and mainly because she shared herself with us, we have grown; and thus with love, we dedicate this yearbook to . . .

Mrs. Anne Patterson.

MRS. PATTERSON—BEING INVOLVED!

RECOGNITIONS

Mrs. Susan Sweet's involvement with our class began in our freshman year when she became our class advisor. Later she had to contend with us in Obstetrics. Her cheery disposition and smiling face brought a sense of ease to the major crises we faced throughout these three years. Thank you, Mrs. Sweet, for your patience and guidance.

MRS. SUSAN SWEET, INSTRUCTOR

We would also like to extend our thanks to Mrs. Janet Chiao who so graciously fulfilled the position of class advisor for our senior year. Thank-you, Mrs. Chiao.

MRS. BERNICE DICK, RECEPTIONIST

As a residence receptionist, Mrs. Bernice Dick was readily welcomed into the hearts of all students. Though she had to leave us in our second year, we'll always remember her sweet Christian spirit and positive outlook on life. The students at WHSN will never forget her as a coun-. selor and friend. Your wisdom and encouragement shall always remain a part of our lives. Thank you, Mrs. Dick. (picture not available)

MRS. INEX LOGAN, HOUSEMOTHER

As a housemother for three years, Mrs. Inez Logan became more than just a familiar face behind the residence desk. Always ready with a greeting or word of encouragement, she created an atmosphere conducive to sharing "rough days" and "happy times". As we leave, we thank-you, Mrs. Logan.

AND IN THE BEGINNING . . .

There was a year book staff. This meager bunch of struggling students bravely faced the task of composing a book that was to reflect their three years of living and learning at W. H. S. N. No small task, they all agreed. Where should they begin?

Technically, it all began on Labor Day, 1973, when the freshman class stumbled and tumbled into their new home with boxes and baggage and bookends galore, ready (?) to plunge into the new adventure of academic existence. The pages to follow are a brief glimpse at the experiences that have led us to where we stand, June 1976, on the threshold of another adventure . . .

THE BEGINNING OF THE REST OF OUR LIVES.

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WILLIAMSPORT HOSPITAL SCHOOL OF NURSING AWARDED NATIONAL LEAGUE FOR NURSING ACCREDITATION

The Williamsport Hospital School of Nursing, the oldest diploma program in the state of Pennsylvania, was awarded National League for Nursing Accreditation in recognition of program excellence on February 3, 1976.

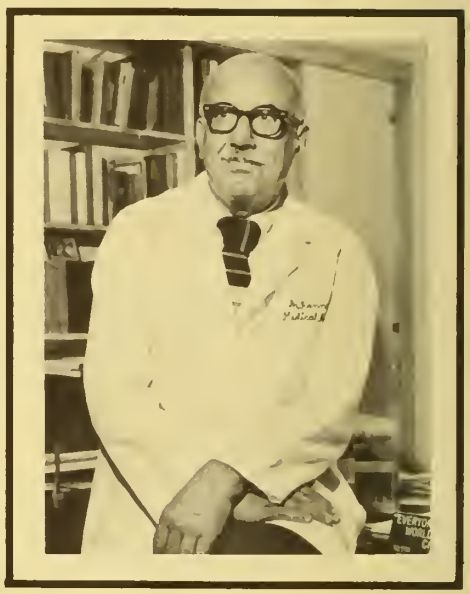
The quality education provided through the course of studies by our devoted faculty has always been appreciated by the students and graduates. We are happy that this is now recognized officially through National Accreditation.

We, the graduates of this bicentennial year, in the name of all students of the Williamsport Hospital School of Nursing extend our warm congratulations and gratitude to the administrators and faculty of our school.

THE SPIRIT OF . . .
PHYSIOLOGY
GUYTON
THE LIVING BIBLE
UNABRIDGED
THE PROPHET
KAHLIL GIBRAN
EDUCATING

ADMINISTRATION

MR. CLIVE R. WAXMAN
President



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and
Vice President

MR. RICHARD GREENE
Vice President
and
Administrator

MR. E. LEWIS LEAMAN
Assistant
Administrator

MR. FRANCIS J. TRIPOLI
Vice President
and Controller

MRS. CELIA BLANKS
B.S. N. Ed., M.A.
Director of Nursing

MISS JEAN C. BALLIET
M.S.N.
Associate Director of Nursing

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Mr. Richard B. Greene
Dr. Herman Rannels
Mr. E. Lewis Leaman
Mrs. Celia D. Blanks
Miss Jean Balliet

FACULTY

Mrs. Shirley M. Young, R.N., B.S. Ed.

Mrs. Young trained as WHSN and received her degree from Bloomsburg State College. She introduces the freshmen students to nursing and instructs Fundamentals I and II, and Nursing I.

Mrs. Janet A. Chiao, R.N., B.S.N.

Mrs. Chiao is a graduate of Temple University and is an instructor for our Maternity Nursing and Nursing VI courses.

Mrs. Maria Gustafson, R.N., B.S.

Mrs. Gustafson received her degree from the College of Mount St. Vincent and she is an instructor for our Nursing II and III courses.

Mrs. Mary Ann Keller, R.N., B.S.N.

Mrs. Keller trained at Germantown Dispensary and Hospital School of Nursing and received her degree from the Catholic University of America. She presently instructs our Nursing of Children and Nursing VI courses.

Mrs. Doris May Pick, R.N., B.S.N. Ed.

Mrs. Pick is a graduate of Williamsport Hospital School of Nursing, and received her degree at Wilkes College. She is presently the instructor for our Nursing II and Nursing IV courses.

Mrs. Maureen P. Riley, R.N., B.S.N.

Mrs. Riley received her degree from D'Youville College and presently has the task of being our School Health Nurse.

Mrs. Eleanor L. Derr, B.S.N.

Mrs. Derr received her degree from Wagner College and she presently holds the position of Assistant Director of Nursing Education at WHSN.

Miss Margaret N. Hollis, R.N., B.S., M.S.

Miss Hollis graduated from the University of Wisconsin and Adelphi University. She is now instructing our Mental Health Nursing course.

R.D.

Mrs. Burk graduated from the Pennsylvania State University and teaches Integrated Nutrition to all students at WHSN.

Miss Joan P. Paradis, B.A., M.Ed. Guidance Counselor

Miss Paradis graduated from Emmanuel College and Boston College. She presently works with the students at WHSN in order to help guide on their way.

Mrs. Patricia J. Jansson, R.N., B.S.N.

Mrs. Jansson received her degree from the Pennsylvania State University and she instructs our Fundamentals I and II, and Nursing I and II courses at WHSN.

Miss Judy F. Coup R.N., B.S.N.Ed

Miss Coup is a for mer graduate of Williamsport Hosp tal School of Nursi and she achieved her degree from Wilkes College. Her duties at WHS include instructior for our Nursing V and Nursing VI courses.

Mrs. Jeanne Marie Dunkle, R.N., B.S.N.

Mrs. Dunkle graduated from Philipsburg State General Hospital and from the Pennsylvania State University. She is currently the instructor for our Nursing V and Nursing VI courses.

Mrs. Mary Ellen Rosencrance, R.N., B.S.N.Ed.

Mrs. Rosencrance traine at Mercy Hospital School of Nursing and received her degree from Wilkes College. She is an instru tor for our Mental Health Nursing course.

Mrs. Susan Lee (Wilcox) Sweet, R.N., B.S.Ed.

Mrs. Sweet graduated from Williamsport Hospital School of Nursing and from Mansfield State College. She instructs our Maternity Nursing and Nursing VI courses at WHSN.

W.H.S.N. PERSONNEL

HOSPITAL LIBRARIAN
Mr. Michael Heyd M. L. S.

SECRETARIES
Patricia Reeder Ann Malkin

RECEPTIONISTS
Mrs. Maryellen Manney, Receptionist; Mrs. Marybelle Gramling, Receptionist; Miss Ruth Zeigler, Residence Director; Mrs. Inez Logan, Female Residence Housemother; Mrs. Gladys Cellini, Housemother--Male Residence

SCHOOL PHYSICIAN
Dr. Hannen

THE
SPIRIT
OF . . .
STRIVING

FRESHMEN

STANDING: Susan Diem, Sec.; Mrs. Rosencrance, Adv.; Leslie Kennedy, V.P. Stephanie Willis, Pres. KNEELING: Cathy Raymond, Tres. SITTING: Mrs. Jansen, Adv.

Lois Aulick

Lisa Burns

Teresa Creveling

Pamela Burkholder

Mary Kay Danneker

Cathleen Crowley

Janet Dieck

Gale Dieter

Becky Dittman

Susan Diem

Ginny Fisher

Paula Fisher

Beth Frazier

Merrily Frey

Kathy Harstead

Cheryl Hilner

Sharon Harmon

Rena Herman

Dawn Jones

Mary Justice

Leslie Kennedy

Carol Klauss

Vicki Katherman

James Lauffer

Sheila Lebo

Victoria Lavella

Nancy Miller

Sharon Little

Dawna Lucas

Cynthia Missien

Christine Murray

Cathy Raymond

Marie Seers

Norma Peters

Kristi Snow

Debbie Shaffer

Lois Terry

Margaret Wehler

Debra Wagner

Linda Wagner

Trudie Wenner

Helen Whittemore

Claudia Willis

Stephanie Willis

Valerie Wohlfert

Mary Worthington

Carolyn Yorlets

Candace Young

FUTURE NURSES OF AMERICA ???

JUNIORS

KNEELING (L-R): Jane Good, Pres.; Vickie Cook, V.P.
SITTING (L-R): Lonna Fritz, Sec.; Mrs. Gustafson, Adv.; Miss Coup, Adv.; Audrey Fry, Tres.

Bernadette Anderson

Joan Aunkst

Judy Aurand

Dawn Basom

Debora Baier

Cheryl Beck

Cindy Berry

Debra Brown

Barbara Busshaus

Vickie Cook

Ruth Echoff

Vicki Eichenlaub

Carol Fisher

Sandra Eschbach

Kathy Floyd

Sally Frantz

Lonna Fritz

Audrey Fry

Jane Good

Karen Kelley

Kathy Hummel

Debra Klock

Virginia MacIndoe

Twila Metzler

Rosanne Mokrzynski

Christine Molek

Marilyn Neyhart

Jeanne Nihart

Anastasia Norris

Barbara Nyman

Kathleen Pasukinis

Diana Plymette

Debra Pepperman

Carol Powell

Cynthia Shaffer

Carol Slack

Carol Sigafoos

Diane Staib

Barbara Tidd

Vicki Yohe

Donna Waldman

NOT PICTURED:

Gail Force

Kim Hedgeland

Marilyn Matash

Barbara Marvi

▲Well . . . different strokes for different folks!

I'm sorry, but I find this hard to believe. ▲

Tell me more! ▲

You really turn me on! ▲

▲ What is this generation coming to?

▲ Anybody have a "Lite"?

▶ She will do ANY-THING . . . for attention.

Hi! Don't you know me? ▲

EXPRESS YOURSELF

▲ and . . . this is my life!

▲ What a night . . .

▲ You've got to be kidding!

▲ I may not be sexy, but I'm sincere.

▲ I wonder if it could be a social disease.

▲ Do you think we'll last 69 more days?

I'm ready St. Peter. ▶

UNDERCLASSMEN WE HONOR

MISS HOPE OF LYCOMING COUNTY—
Barb Tidd

SNAP REPRESENTATIVE
Vickie Cook

OUTSTANDING STUDENT NURSE
Vicki Yohe

JUNIOR VIP
Jane Good

THE
SPIRIT
OF . . .
ACHIEVING

THE CLASS OF '76

SITTING: M. Garverick, D. Cartwright, C. Leppert, D. Moser, K. Lovett, J. Myers. 2nd ROW: K. Moser, P. Dudek, L. Daniels, J. Shaffer, J. Bixel, K. Keefer, S. Burk, B. Sweigard, S. Cress. 3rd ROW: A. Williams, C. Best, V. Skorinko, C. Nicolosi, B. Rightnour, C. Whitmyer, B. Ammon, C. Harvey, C. Schneck. 4th ROW: T. Lantz, L. Westbrook, D. Skunda, J. Wool, V. Carvell, R. Corbett, N. Stuart, J. Tharman.

Twas the third of September 1973, when forty-nine anxious, close-mouthed, prospective nurses were welcomed by a party given by Juniors. This culminated a day of receiving caps and books, meeting roomates, and listening to official greetings and admonishing speeches. We were freshmen willing to meet the challenges that would help us acquire maturity and responsibility in nursing.

Basic science courses began two days later at Lycoming College. Remember the days we walked on campus and everyone seemed to recognize "Student Nurses"! After the first week, we were already thankful for a "free" weekend. We all had questions of "can I really do it" and "why did I ever choose nursing?" When we thought things could get no worse, Pharm and Nutrition were added to the schedule.

After a few months we became a class with a unique personality. Our main events for the year included a raffle, and a talent show. And what talent--The 12 day of nursing, Chiquita the Banana, cigar girls, and square dancing.

Our first days on the units began in November--then it took us twenty minutes to make a bed! A bath took one-half hour, and we could go on! In April we finished courses at Lycoming, and with Nursing I came our first taste of care plans and case studies.

The Junior year is remembered for all night case studies and much hard work in Mrs. Pick's Nursing II. Then came ten-week rotations in Surgery, Rehab, and Psych.

Projects revolved around hoagie sales, and bake sales. Programs for Student Organization included the Junior Hootenanny, Joy Ufema speaking on Death and Dying, and a thought provoking panel discussion with NOW representatives.

Then what a thrill to enter the Senior year as the "Big Cheese." This, of course was a big year in Pediatrics, Obstetrics, and Intensive Care Nursing, and Comprehensive Nursing. Work began early on the yearbook and projects initiated to raise finances--hoagie sale, bake sales, Christmas candles, and Easter candy sales.

Second to graduation, the NLN Accreditation in February was the most exciting event of the year. We graduate with mixed feelings of joy for completing the program and sadness at leaving friends and faculty whose lives have been imprinted into ours.

--Roxy Corbett

It doesn't matter who you love or how you love but that you love.

--Rod McKuen

Barb Ammon

Yesterday's hurt
is
Today's understanding
rewoven into
Tomorrow's love.
--Unknown

Charmaine J. Best

I can complain because rose bushes have thorns,
Or be glad because thorn bushes have roses.

--Unknown

Janice Bixel

I shall pass through this world but once,
If, therefore, there be any kindness I can show or any good thing I can do, let me do it now; let me not defer it or neglect it,
For I shall not pass this way again.

--De Grellet

Susan Burk

Forget Yesterday
I am,
where I am
I know,
where I could
have been,
had I done,
what I did
not do.
Tell me, Friend,
what I can
do Today,
to be,
where I want
to be,
Tomorrow.

--Sigrad

Diane K. Cartwright

The past was good.
Today is better.
The future can be best
of all.

--Unknown

Vivian J Carvell

Also I heard the voice of the Lord saying, Whom shall I send, and who will go for us. Then said I, Here am I; send me.

--Isaiah 6:8

Rotanna Corbett

God knows the secret Plan
Of the things he will do for the
world,
Using my hand.

--Toyohiko Kagawa

Sally Cresso

"Dream what you dare to dream
Go where you want to go,
Be what you want to be...
LIVE!"

n Livingston Seagull

Linda Daniels

It is only with the heart
that one can see rightly;
what is essential is in-
visible to the eye.

--The Little Prince

Pattie Dudek

"A mother addressed her small child
on a street:
'Never, ever touch a stray dog.'
Lady, how do you define a stray dog?"
(And lady, a stray dog may need a
touch more than any other dog.)

--Unknown

Mark J. Garverick

"And though I have the gift of prophecy, and understand all mysteries, and all knowledge; and though I have all faith so that I could remove mountains, and have not love, I am nothing."

--Apostle Paul
I Corinthians 13:2

Cathy Halvey

"To understand people,
I must try to hear what
They are NOT saying,
what they perhaps will
never be able to say."

--Unknown

Kay Kaufer

Love when you can
Cry when you have to...
Be who you must
That's a part of the plan.

--Dan Fogelberg

Theresa Hanty

I live for those who love me,
for those who know me true;
For the heaven that smiles above
me, and awaits my spirit too;
For the cause that lacks
assistance, for the wrong that
needs resistance,
For the future in the distance,
and the good that I can do.

--George Linnaeus Banks

Carlinda Leppert

You will find, as you look
back upon your life,
that the moments that stand
out are the moments when you
have done things for others.

Henry Drummond

Kathy Lovett

I can see how it might be possible for a man to look down upon the earth and be an atheist, but I cannot conceive how he could look up into the heavens and say there is no God.

--Abraham Lincoln

Deb Moser

Blessed are those who can give
without remembering and take
without forgetting.

Elizabeth Bibesco

Kathleen Moser

"And in the sweetness of friendship let there be laughter and sharing of pleasures, for in the dew of little things the heart finds its morning and is refreshed."

--A Friend

James E Myers

"Happiness comes of the capacity to feel deeply, to enjoy simply, to think freely, to risk life, to be needed."

--Storm Jameson

Candy Nicolosi

Make your world beautiful!
Begin with just the simplest things!
A word to speak, a song to sing,
A heart to heal, a lamp to light.
And you will see with glad surprise,
How close you live to paradise!

Unknown

Betty Rightnour

God grant me the serenity
To accept the things
I cannot change,
Courage to change the things
I can,
And the wisdom to know
the difference.

--St. Francis
of Assissi

Cathie Schneck

The measure of a happy life is not from the fewer or more suns we behold, the fewer or more breaths we draw, or meals we repeat, but from having once lived well, acted our part handsomely, and made our exit cheerfully.

--Lord Shaftsbury

Jeannine Shaffer

If any lift of mine may ease
The burden of another,
God give me love and care and
strength
To help my ailing brother.

--Unknown

Vicky Skrinks

For yesterday is but a dream
And tomorrow only a vision
But today well lived
Makes yesterday a dream of
happiness
And every tomorrow a vision
of hope.

--Unknown

Debbie Kunda

The pessimist sees the difficulty in every opportunity; the optimist, the opportunity is every difficulty.

--L. P. Jacks

Nancy Stuart

But He Knoweth the way that I take:
when He hath tried me, I shall
come Forth as gold.

--Job 23:10

Brenda Sweigard

Build a little fence of
trust around today,
Fill the space with loving
deeds and therein stay;
Look not through the
sheltering bars upon tomorrow,
God will help thee bear what
comes of joy or sorrow.

--Mary Frances Butts

Joan Larman

Oh, God, give us eyes to see and ears to hear.

--Grace Wilson

Linda Westbrook

To unselfishly share,
without hesitation
laughter
learning
living
and loving
Is an ultimate goal of humanity
For to harbor these within
yourself, makes them all
worthless.

--Claire Whitmyer

Claire Whitmyer

It is true that we shall not be able to reach perfection, but in our struggle toward it we shall strengthen our characters and give stability to our ideas, so that, whilst ever advancing calmly in the same direction, we shall be rendered capable of applying the faculties with which we have been gifted to the best possible account.

--Confucius

Alda Williams

In the wall are many doors.
Be patient, search with
diligence, for one will open
to your key.
And oh, the land beyond is
very fair.

--Unknown

Joannie Wool

You've heard of the "Man from Bud", well.

What makes you think I'm frustrated?

THEY'VE GOTTA' BE CRAZY

Would you believe "Hell's Angels"?

An aquaphobiac in the shower room??

SENIOR DIRECTORY

Barbara Ammon
1729 Market Street
Lewisburg, Pa. 17837

Charmaine Best
R.D. #1
Loganton, Pa. 17747

Janice Bixel
R.D. #2
Loganton, Pa. 17747

Susan Burk
2704 McCoy Street
Williamsport, Pa. 17701

Diane Cartwright
419 High Street
Flemington, Pa. 17745

Vivian Carvell
615 South Market Street
Selinsgrove, Pa. 17870

Roxy Corbet
2945 New Jersey Street
East Gary, Ind. 46405

Sally Cress
937 Memorial Avenue
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Philipsburg, Pa. 16866

Pattie Dudek
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Shamokin, Pa. 17872

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Castanea, Pa. 17745

Kay Keefer
428 Hepburn Street
Milton, Pa. 17847

Theresa Lantz
410 Olive Street
Sayre, Pa. 18840

Carlinda Leppert
State Street
Millersburg, Pa. 17061

Kathy Lovett
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St. Marys, Pa. 15857

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Katy Moser
R.D. #1 Box 107
Allenwood, Pa. 17809

SENIOR DIRECTORY

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Williamsport, Pa. 17701

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346 Stanton Street
South Williamsport, Pa. 17701

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433 R.D. #1
Cogan Station, Pa. 17728

Cathie Schneck
R.D. #2
Montgomery, Pa. 17752

Jeannine L. Shaffer
137 West Brown Street
Castanea, Pa. 17745

Vicky Skorinko
108 North Centre Street
Philipsburg, Pa. 16866

Deborah Skunda
204 Rumbarger Avenue
Dubois, Pa. 15801

Nancy Stuart
R.D. #1 Box 576
Cogan Station, Pa. 17728

Brenda K. Sweigard
438 North Fifth Street
Sunbury, Pa. 17801

Joan Tarman
Clarence, Pa. 16829

Linda Westbrook
Pocono Farms
Tobyhanna, Pa. 18466

Claire Whitmyer
342 Susquehanna Avenue
South Renovo, Pa. 17764

Alda Williams
R.D. #1 Box 399
Morrisdale, Pa. 16858

Joannie Wool
R.D. #2 Box 430
Jersey Shore, Pa. 17740

SENIORS WE HONOR

HIGHEST SCHOLASTIC AVERAGE
Katy Moser

OUTSTANDING STUDENT NURSE
Joannie Wool

SENIOR CLASS OFFICERS AND ADVISORS
L. -R: FRONT: S. Burk, Mrs. Sweet, Mrs. Chiao, A. Williams. BACK: C. Schneck, L. Daniels.

SENIOR VIP
Roxy Corbett

FINANCIAL GENIUS
Susan Burk

REMEMBER WHEN . . .

Cathy Harvey thought that a laminectomy was a Lehmanectomy, a procedure to be done only by Dr. R. Lehman?

We sent Roxy home for Christmas?

We had the Dynamic Duo, "Swing and Sway"?

Joannie Wool thought that "check A. P." on Mrs. Patterson's med cards meant to check the anatomy and physiology?

Linda Westbrook rode her bike through wet cement on the way to Psych class? Is that your idea of a concrete operation, Linda?

We all thought Deb Moser could fly to Texas without an airplane?

Joan Tarman had her transition through the 3 C. M. 's?

Vicky Skorinko looked like "Cousin It"?

Vicky, Linnie, and Stevie sabotaged the peg board?

Carlinda's famous statement was "I won't get serious"!

Diane Cartwright thought you drank a milk and molasses enema?

We thought good mouth care consisted of jumping down your throat and gargling your guts out?

We were Seniors and Brenda still wanted to be a medical secretary?

Miss Coup threw us a surprise Valentine's Day Party AFTER she gave us an impromtu quiz?

Charmaine got "mooned" on the way home from Knoebels' Grove?

Chinese Fire Drills were the thing to do on the way to and from Knoebels' Grove?

CONT.

Mrs. Patterson and Mrs. Pick demonstrated the art of wardrobe selection?

Mrs. Patterson taught us the bump?

The sure cure for horniness was a cold shower thrown by fellow horny toads?

We were told in every course "you'll get it in more depth in Nursing V"? Well, we sure got it!

Mrs. Dunkle tried bone conduction on Jim's head with the reflex hammer?

Viv wasn't sorry to bother us? Neither do we!

Kay spent her first week at WHSN standing in her doorway saying, "Won't someone please come in and visit me?"

The crash of pop cans stacked outside Claire and Viv's room woke the whole floor up at 5:30 AM?

Jeannine and Todd had a screaming contest? Give up Todd, your mother is a pro!

Theresa learned what to do with a broomstick?

Deb Skunda thought the only reason people have babies is that there was nothing better to do?

Barb Ammon's blind patient had a Play Boy magazine in braille? Barb did you feel the center-fold?

Janice loved WHSN? Has your passion been swayed yet?

Pat Dudek never got a daily caller? Neither do we?

Linda Daniels kicked her dog and fractured her toe? What an excuse to get out of ICU!

Nancy Stuart filled out a WACC application in Nursing I? She still has it!

It was rumored that Kathy Lovett came from a Correctional Institute and people believed it? Did you, Kathy?

Cathie Schneck banned the use of the commode because her butterfly died there?

CONT.

We all thought Candy was shy and innocent?

Claire didn't play Lady Godiva?

Alda used to stay in her room? Too bad she still doesn't!

Sue Burk wasn't asking for money?

Sally missed a night of Star Trek?

Mark thought it would be fun at an all-girl school? What do you think now?

We could tell Tom was home by Katy's big smile the next day?

Betty Lou told her patient to lie down so she could count his respirations?

Jim was hungry at Nursing Mothers?

Hazel and her girls were the star attraction at WHSN?

Tea bags mysteriously appeared in the Freshmen's shower?

Third floor was under 3 inches of water?

We used to sit up Thursday nights till midnight to welcome Friday?

We answered "here" for each other in Biology class at Lycoming?

Rehab gave up T.V. to watch the nurses' residence?

Ruth was "Sorry about that"?

Our talent show was such a big hit?

12 noon brought the stampede to the T.V.?

We used to hide pillows under our blankets to fool the roomchecker?

"The Fonz" from Happy Days, you Nurds?

YOU felt like quitting?

We counted the days; yep, every last one of them!!!! !!!!!!!!!!!!!!!

THE
SPIRIT
OF . . .
LEARNING

FRESHMEN YEAR BEGINS A WHOLE NEW LIFE FOR THE STUDENT NURSE.

The Freshman Year is filled with many new experiences and challenges. The major portion of a freshman's time, during the first two semesters, is spent at Lycoming College studying Biology, Psychology, Sociology and English courses. Fundamentals I and II serve to introduce the student to the nursing process, both in the classroom and in the clinical area. The rest of the Freshman Year is centered around Nursing I, which introduces basic disease entities and broadens the students' clinical experience.

Stephanie Willis, Ginny Fisher, and Helen Whittemore practice making an occupied bed.

With the supervision of Mrs. Yo[illegible]rie Wohlfert learn[illegible] of a patient's vital[illegible]

Studying in the student library comprises a part of the freshmen's time.

Gail Force sets up a heat lamp for a patient's arm.

Ruth Echoff and Cheryl Beck check an IV solution and set up before changing it.

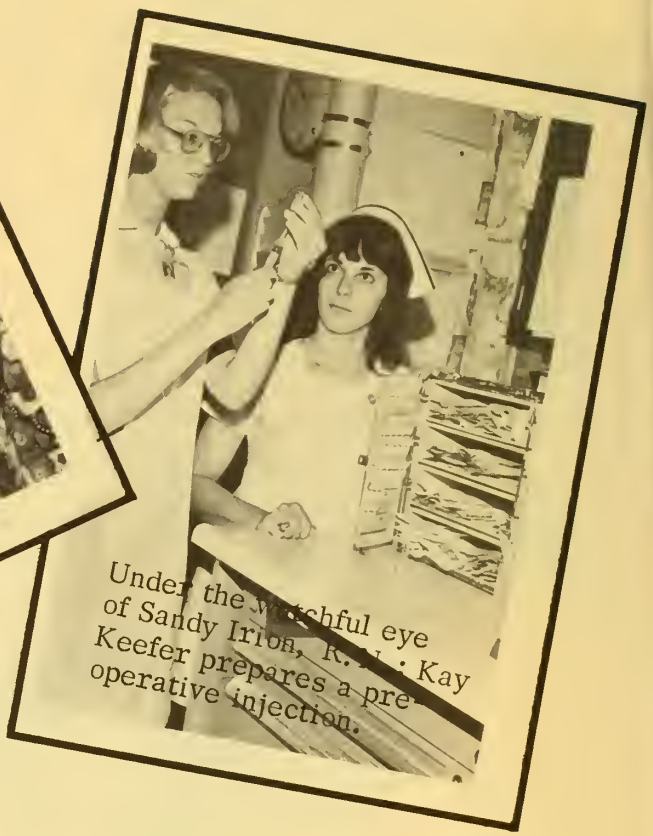
l Fisher checks a t's chart for new orders.

plains a labo- Carol Powell.

NURSING I,II OFFERS MORE MED-SURG TRAINING FOR FRESHMAN & JUNIORS

In Nursing I and II, students increase their knowledge and skills needed to care for the medical patient. Along with pathophysiology, drug and diet therapy involved with specific disease entities are taught. Continuity of patient care as well as patient and family teaching are stressed. During Nursing I and II, the student is exposed to communicable disease nursing and the ramifications involved with this type of nursing care.

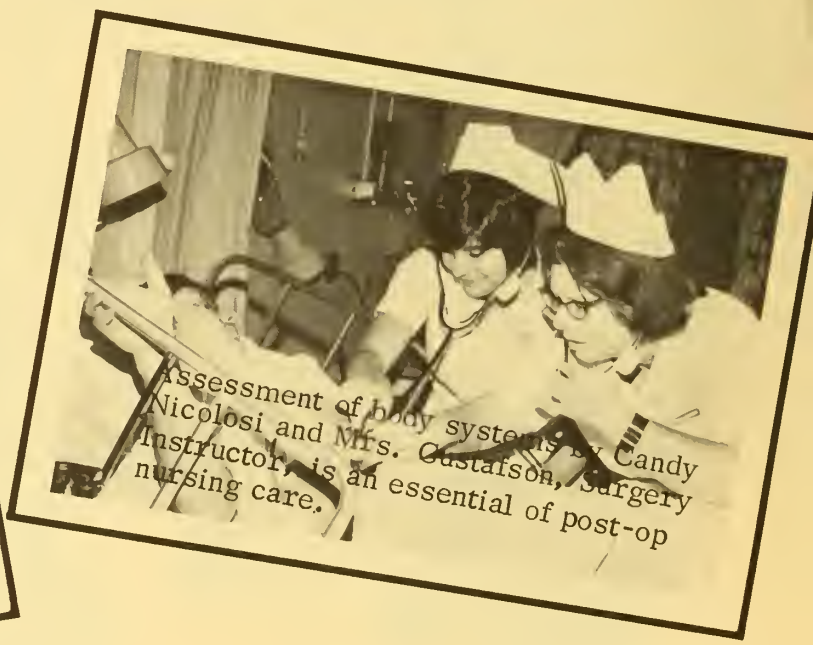
Jeanine [illegible] and Jennifer preparing a room for a surgical patient.



Under the watchful eye of Sandy Irion, R.N., Kay Keefer prepares a pre-operative injection.

SURGERY POSES A CHALLENGE TO THE JUNIORS . . .

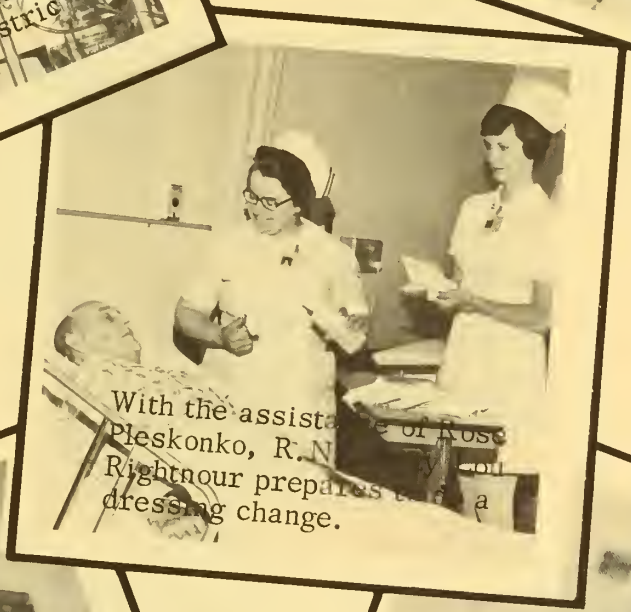
Care of the surgical patient provides knowledge of the pathophysiology involved as well as the rational behind treatment of many body dysfunctions requiring surgical intervention. Experience in pre-operative, operative and postoperative care areas promotes understanding of the needs of each individual patient before, during, and after his surgery.



Assessment of body systems by Candy Nicolosi and Mrs. Gustafson, Surgery Instructor, is an essential of post-op nursing care.

Dotty Ulmer, R.N. instructs Therese Lantz in gastric irrigation.

Dr. Todhunter perfo[illegible] surgery as students observe.



With the assistance of Rose Pleskonko, R.N. [illegible] Rightnour prepares [illegible] a dressing change.

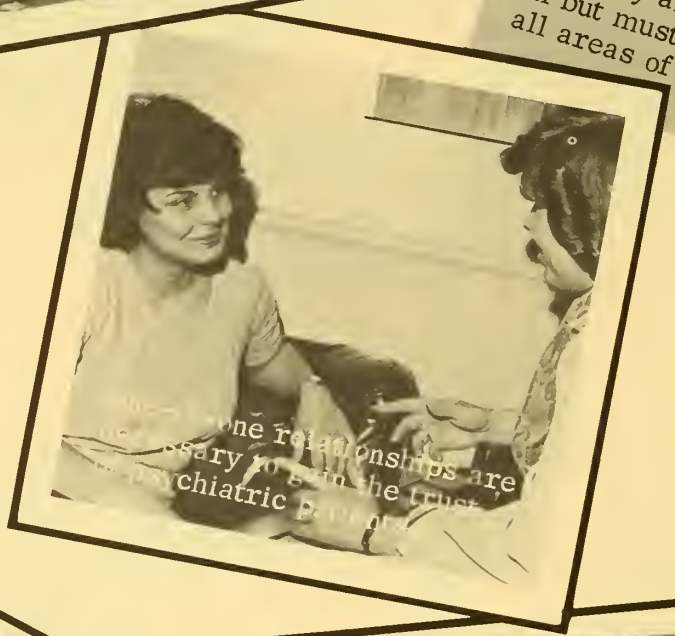
X-ray visualization helps to identify problem for O.R. nurses.

[illegible] of the scrub nurse's duties are to prepare sterile instruments for the operation.

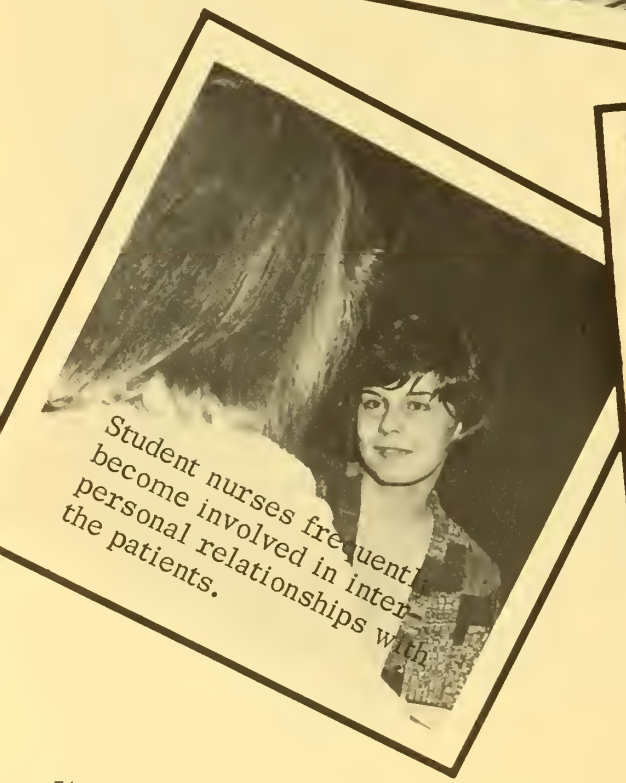
PSYCH PUTS STUDENTS IN TOUCH WITH THEIR INNER FEELINGS.

In Mental Health Nursing the student learns an understanding of people who are unable to adjust to the stresses of life. The importance of helping people to adapt and return to the community is stressed. Psychiatric Nursing is not only confined to the mentally and emotionally ill but must be included in all areas of nursing.

One part of psychiatric nursing entails group therapy which allows group members to express their feelings.

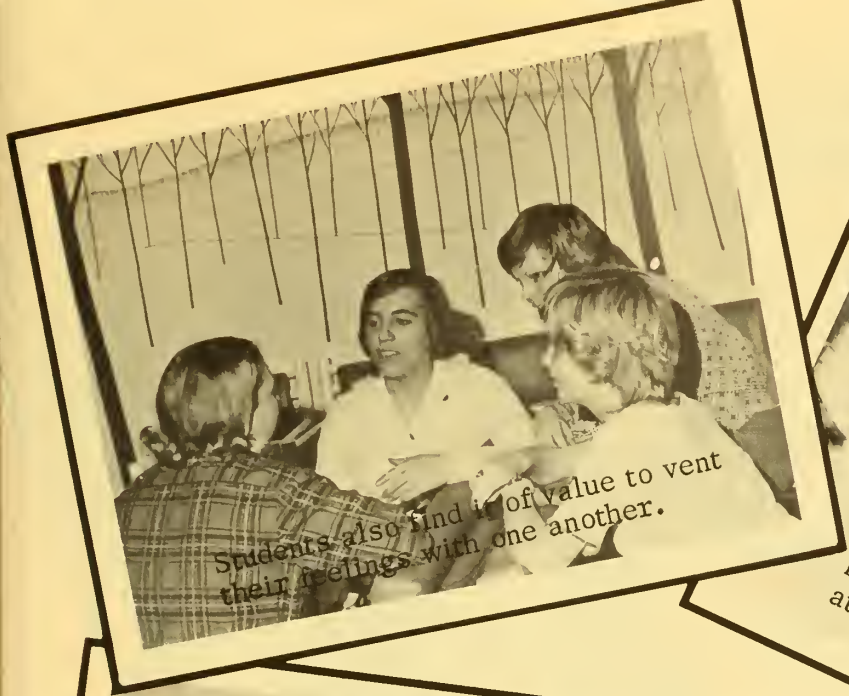


One relationships are necessary to gain the trust of psychiatric patients.



Student nurses frequently become involved in interpersonal relationships with the patients.

Staff conferences are held frequently to help the staff to understand their own feelings so that they may help the patient with his problems.



Students also find it of value to vent their feelings with one another.

Discharge planning is an integral part of psychiatric nursing.

Staff-student communications are a vital [illegible] maintaining continuity of patient

Recreational Therapy is [illegible] means [illegible] depressed patients involve [illegible]

Mrs. Pick, Rehabilitation Instructor, Nancy Stuart, and Vicky Skorim[illegible] a patient's chart.

Alda Williams challenges a handicapped patient to a game of one-handed pool.

A patient is assisted in gait-training by Jeannine Shaffer and Edward Latrusch, P.T. student.

REHAB MAKES STUDENTS REALIZE HANDICAPS CAN BE OVERCOME . . .

Rehabilitation nursing involves meeting the special care needs of patients with neuromuscular problems, disorders of bones and joints, and limited sensory abilities. Our nursing goals are to assist the patient to return to optimal functioning in his activities of daily living.

Mrs. [illegible], R.N., instructs Linda [illegible] and Brenda Sweigard in the [illegible]

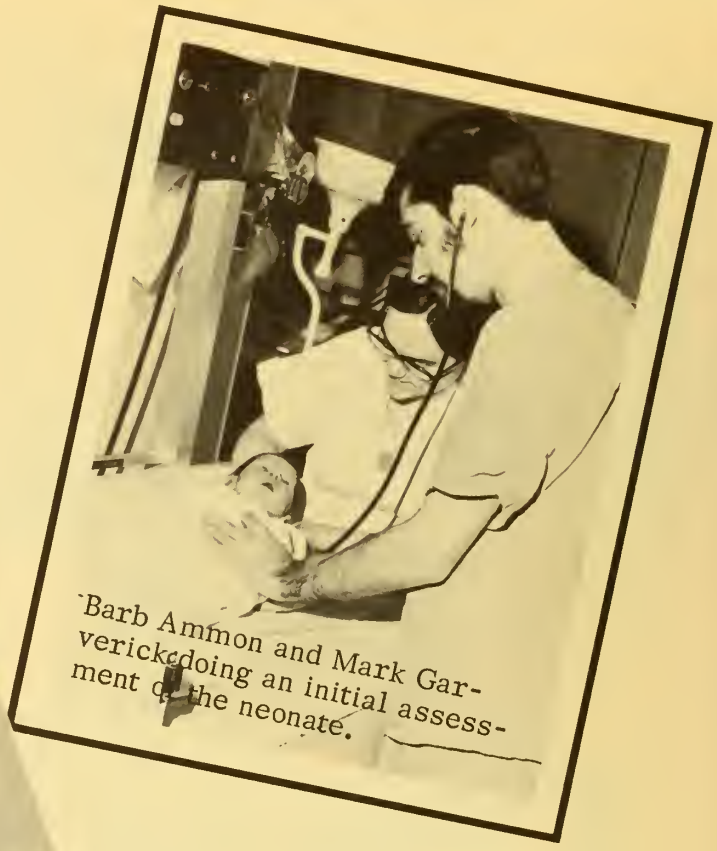
A handicapped patient weaves a rug as Mrs. Frey, O.T., and Joan Wool observe and assist.

Deb[illegible] watches intently as Mrs. [illegible]ler, [illegible] demonstrates [illegible] OTA patient how to bake a cake.

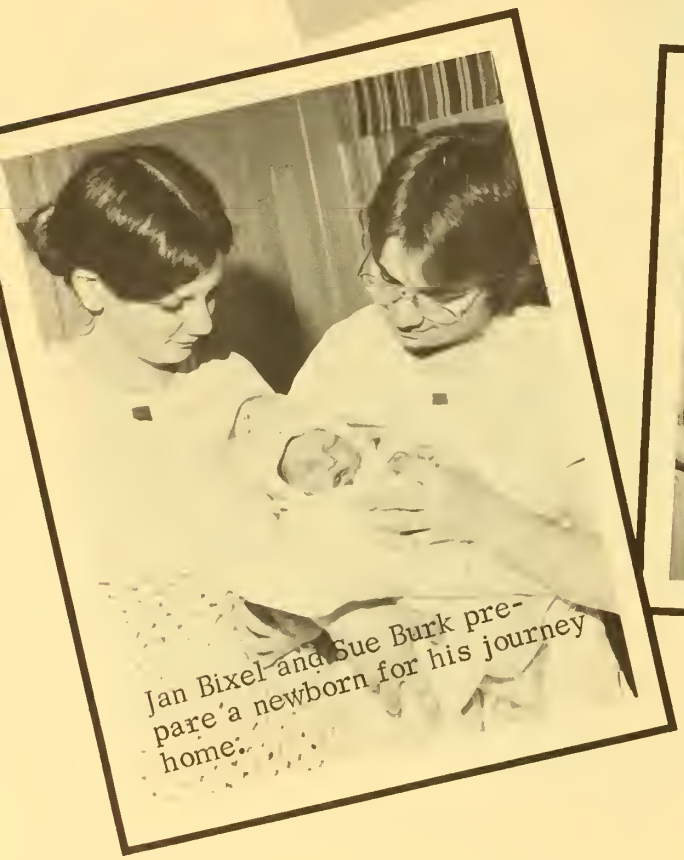
A new prothesis being fitted by a P.T. Student, and Joan [illegible]

OB BRINGS OUT PARENTING INSTINCT IN STUDENTS . . .

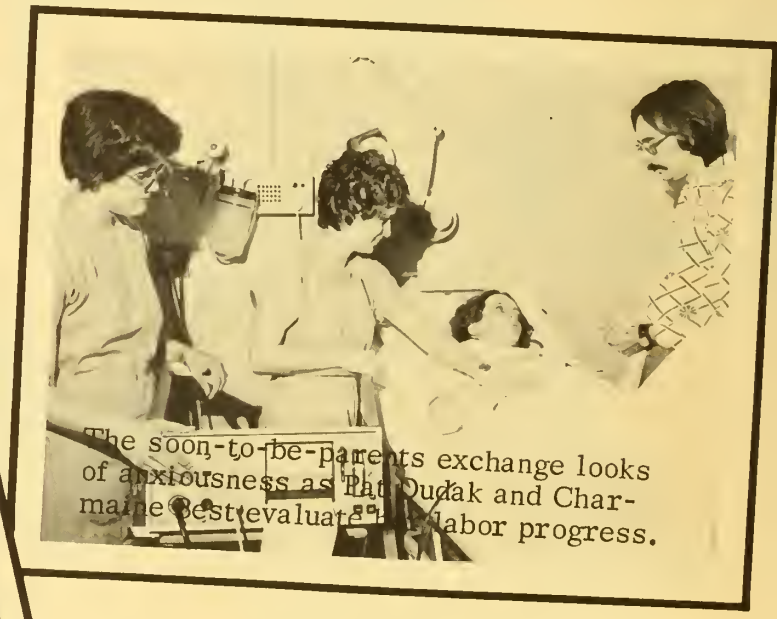
Maternity Nursing is a realm of nursing allowing us to witness the greatest miracle of life . . . birth. It provides knowledge and understanding of the child-bearing patient in relationship to physiological and psychological changes associated with birth. Normal aspects of pregnancy, as well as complications are considered. The challnege of meeting needs of the new family are intriguing to the maternity nurse, as she provides comprehensive nursing care and health teaching. Our experiences help us to better understand a very natural part of life.



Barb Ammon and Mark Garverick doing an initial assessment of the neonate.



Jan Bixel and Sue Burk prepare a newborn for his journey home.



The soon-to-be-parents exchange looks of anxiousness as Pat Dudak and Charmaine Best evaluate the labor progress.

A new mother gives her baby a bath under the supervision of Jan Bixel.

Susan Burk observes as a mother begins feeding her baby.

Sally Cress looks on as Roxy Corbett and Mrs. Swe[illegible]ssess the newborn in an isolette.

Mrs. Keller, Pediatric Instructor, and Candy Nicolosi provide play therapy for a bedridden child.

PEDIATRICS TAKES STUDENTS BACK TO YEARS GONE BY

In Pediatric Nursing the student nurse is a team member working with members of various professions for the welfare of the child and his family. She learns how to prevent illness, interact with families, offer guidance to those families, and to provide skilled nursing care for children when they are well and when they are ill.

Jeannine Shaffer provides nutrition to an infant whose normal growth and devepolment is depentent on this.

Nancy Stuart and Jim Myers encourage diversional activities for the hospitalized child.

Mrs. Ranck, R.N. explains use of the IVAC to Katy Moser as the child listens.

A tot is isolation looks in wonderment as Alda Williams and Linda Westbrook take her blood pressure.

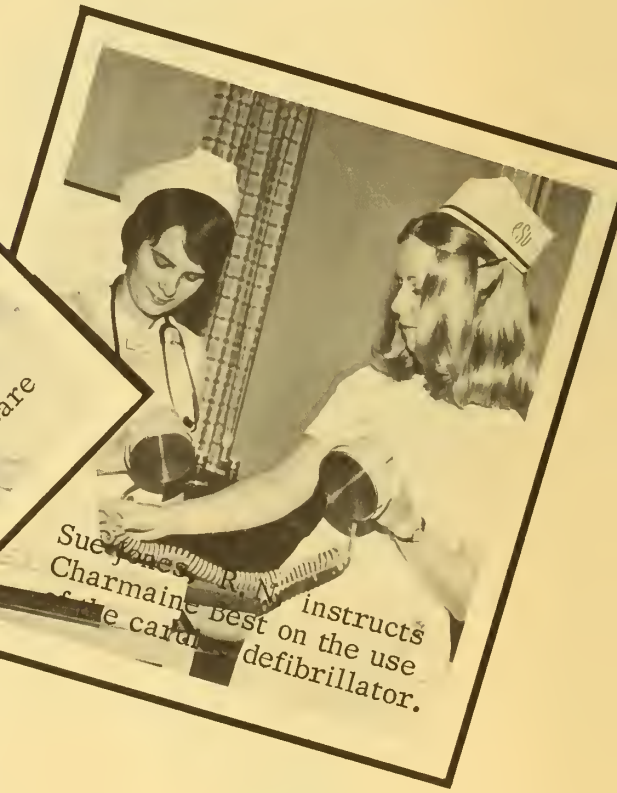
Cathy Harvey amuses a youngster in the pediatric Unit.

INTENSITY OF NURSING V MAKES SENIORS SHUDDER

Intensive care nursing is one of the most exciting and challenging experiences offered to the student nurse. The setting includes the Intensive Care and Coronary Care Units, Emergency Room, and IV Team. The nursing process, including physical assessment, is utilized in planning appropriate care to critically ill patients requiring immediate treatment and constant surveillance. She utilizes advanced nursing procedures and technical equipment to meet her patient's needs.

Diane Myers, R.N., looks on as Roxy Corner practices tri[illegible] in the Emer-gency Room.

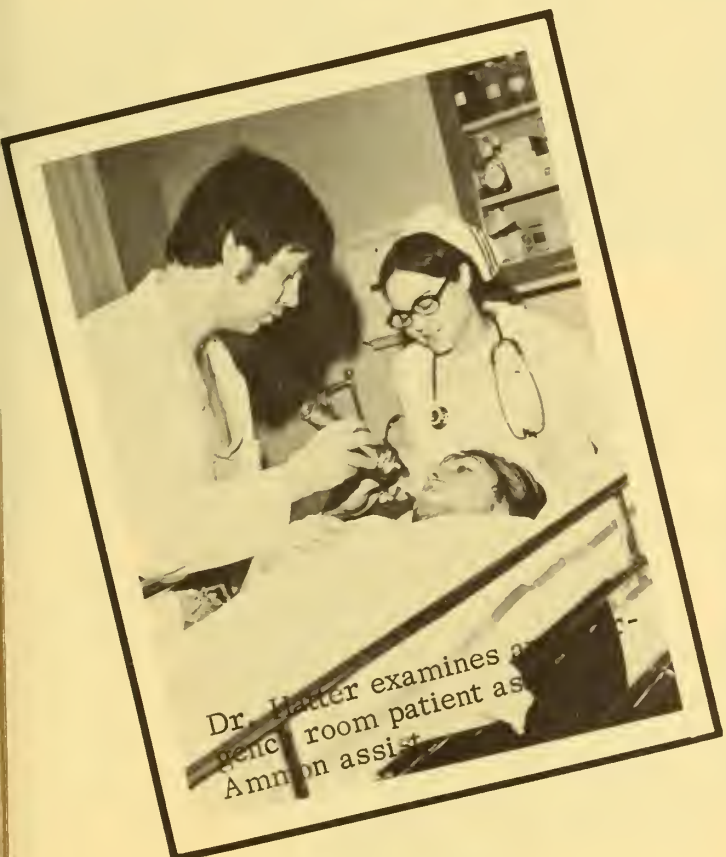
Viv Carvell adjusts the cardiac elec-trode of a patient in the Coronary Care Unit.



Sue Jones, R.N., instructs Charmaine Best on the use of the cardiac defibrillator.

Linda Daniels observes as Miss Coup, Nursing V Instructor [illegible] an EKG strip from the cardiac monitor.

Mrs. [illegible]owney, R.N., supervises Diane Cartwright and [illegible]ue Burk as they restart an [illegible] on a patient.



Dr. [illegible]atter examines a [illegible]-gency room patient as [illegible] Ammon assi[illegible].

[illegible] watches in amazement as Mrs. [illegible]ankle, Nursing V Instructor, explains the use of the [illegible]tilator.

Deb Moser prepares to pass medications to a nursing unit.

Katy Moser utilizes assessment skills to determine the status of a patient.

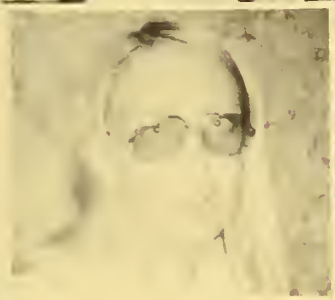
Theresa Lantz enters information on the Kardex to facilitate continuity of care.

COMPREHENSIVE NURSING PUTS IT ALL TOGETHER.

The comprehensive nursing course helps the student increase her knowledge and experience in providing nursing care. The nursing process is strongly utilized on the clinical unit and theory emphasizes leadership, current trends and issues, and legal aspects. The prospective graduate defines her personal philosophy of nursing in order to promote good nursing care and become a self directed practitioner. Thus the student is guided toward developing awareness of the transition from student to graduate nurse.

THESE ARE THE GOOD OLD DAYS

NURSES'
RESIDENCE



WE KNOW NOT YET WHAT WE HAVE DONE, STILL LESS WHAT WE ARE DOING. WAIT TILL EVENING AND OTHER PARTS OF OUR DAY'S WORK WILL SHINE THAN WE HAD THOUGHT AT NOON, AND WE SHALL DISCOVER THE REAL PURPORT OF OUR TOIL.

—THOREAU

THE
SPIRIT
OF . . .
INTERACTING

STUDENT ORGANIZATION

Our purpose as an organization is to promote professional awareness and social unity among the students. Programs included a talent show, hootenanny, Senior class night, and other enjoyable presentations. We make available to all students--social functions, chorus, NCF and SNAP. Becoming involved is one way of saying we love sharing ourselves.

Student Organization Officers: Roxanna Corbett, Pres.; Brenda Sweigard, Treas.; Ruth Echoff, V. Pres.; Joan Tarman, Sec.; Nancy Stuart, Parlimentarian. Advisors: Miss Jean C. Balliet, Miss Joan Paradis, Mrs. Elanor Derr (NOT PICTURED).

STUDENT ORGANIZATION EXECUTIVE BOARD

Student Organization Executive Board is a group of students representing officers of each class and they work together to plan various extracurricular activities. Leadership, responsibility and accountability are three areas in which skills are developed through active participation on this board.

Members: V. Cook, S. Willis, A. Williams, R. Corbett, J. Tarman, B. Sweigard, N. Stuart, J. Good, S. Diem., L. Kennedy, R. Echoff, C. Raymond, Miss Balliet, Miss Ziegler, Miss Paradis.

JUDICIARY COMMITTEE

The Judiciary Committee functions in order for students to develop independence and maturity. It functions as a unit in order to maintain the policies and procedures of the school and to protect other students' rights. The committe can be called into session when deemed necessary and will handle cases in an impartial manner.

Members: R. Echoff, Pres., J. Bixel, Sec., L. Wagner, P. Fisher, H. Wittemore, K. Pasukinis, C. Leppert.

Social Committee Members: CLOCKWISE FROM CENTER FRONT: Vicky Lavella, Valerie Wohlfert, Stephanie Willis, Theresa Lantz, Rosanne Mokrzynski, Claire Whitmyer, and Carlinda Leppert. ABSENT: Cindy Shaffer and Vicki Eichenlaub.

SOCIAL COMMITTEE

The Social Committee, supported by funds allotted by the Student Organization, make arrangements for any social events of the year which will involve the student nurse. This committee is made up of nine volunteer students--three from each class--and an advisor, Miss Ziegler. The projects for this school year included the annual Christmas Dance which was at Oregon Hill and the Spring Dance at the Holiday Inn. Both of these occasions were a great success, thanks to the efforts of the Social Committee.

SCENES AT THE DANCES . . .

STANDING: S. Frantz, P. Jansson, M. Hyde. SEATED: E. Derr, D. Skunda. NOT SHOWN IN PHOTO: J. Dunkle, D. Pick, S. Little.

LIBRARY COMMITTEE

The library committee consists of the librarian, faculty representitives and a student representitive from each class. Meetings are held periodically to discuss problems concerning library policies and to make revisions in these policies when necessary. In addition, the committee reviews, and appropriates funds for new materials.

STUDENT SERVICES

The formation of the student services committee has enabled students to participate in and initiate revisions of residence policies and to direct grievances through proper channels. The committee is a combined effort of students, faculty, and residence personnel to bring about change and solutions to problems.

TOP ROW: M. Rosencrance, M. Seers, D. Basom, J. Chiao, S. Young, M. Riley. SECOND ROW: J. Paradis, P. Burkholder, K. Lovette, P. Dudek, R. Zeigler.

NURSES' CHRISTIAN FELLOWSHIP

Nurses' Christian Fellowship is an interdenominational group of nurses who enjoy Christian fellowship through talk sessions, sing-spirations, Bible games, and Bibles studies. The group enjoys guest speakers and occasionally presents a program at the neighboring nursing homes. With Christ as the center focus at the weekly meetings, it is a time of inspiration and spiritual uplift open to all students.

"But if we walk in the light as He is in the light, we have fellowship one with another . . . " I John 1:7

NCF Officers and Advisors: FIRST ROW: Miss J. Coup, Advisor. SECOND ROW: Twila Metzler, Vice Pres.; Roxy Corbett, Sec.-Treas. THIRD ROW: Mrs. D. Pick, Advisor; Brenda Sweigard, Pres.

NOT PICTURED: C. Molek, V. Yohe, M. Justice, J. Aurand.

NCF Members: FIRST ROW: A. Williams, V. Skorinko, C. Best. SECOND ROW: L. Wagner, S. Burk, D. Basom, L. Daniels. THIRD ROW: K. Hummel, S. Deim, J. Tarman, B. Tidd, J. Aunkst.

STUDENT NURSES ASSOCIATION OF PENNSYLVANIA

LEFT TO RIGHT, ROW 1: Barb Tidd, Vickie Cook, Theresa Lantz. ROW 2: Vicki Yohe, Vicky Skorinko, Joan Wool, Vickie Eichenlaub. ABSENT: Carol Sigafoos, Diane Stiab, Ann Norris, Vivian Carvell, Sheila Lebo, Leslie Kennedy, Charmaine Best.

The Student Nurses' Association of Pennsylvania is the official professional organization for student nurses in Pennsylvania and is one of the 49 constiuents of the the National Student Nurse Association. SNAP works actively with PNA on promoting health care legislation, is involved in the recruitment of minority students into nursing, and plans programs to make the student a better informed nurse. SNAP and NSNA also holds one area, state, and national convention each year, as well as monthly meetings on the area level, to unite the S.N.

Director--C. Best, Advisor--
Mrs. D. Pick

CHORUS

Under the direction of Charmaine Best, 25 interested students organized a choir and presented the annual Christmas Candlelight Service. The program was highlighted by a trio and duet group. A concert in the spring was also presented for the pleasure of those who came.

Soprano I

S. Lebo, L. Burns, L. Daniels, M. Danneker M. Worthington, J. Bixel N. Peters, D. Baier

Soprano II

R. Corbett, J. Tarman, V. Skorinko, J. Wool, K. Kelly, L. Schmicker

Alto
A. Williams, C. Harvey, J. Lauffer, B. Tidd, B. Sweigard, D. Basom, J. Nihart S. Burk, J. Good

"THE OAK" YEARBOOK STAFF—1976

Co-editors: Kay Keefer, Claire Whitmyer

With each new experience in our lives, we are changed, and grow in some important way. As the time has passed in the last three years we have had to meet many challenges and have weathered through the new experiences. Along the way, we have gathered many precious memories and in order to keep these memories from fading in the years to come, we have composed this yearbook. Many long and hard working hours were spent by dedicated members of the yearbook staff to draw it all together. We give our thanks to all who aided us in this project and to those who helped make the memories.

Write-up Committee: TOP-BOTTOM: Sally Cress, Deb Moser, Katy Moser, Linnie Lepppert, Jeannine Shaffer, Candy Nicolosi.

Lay-out Committee: LEFT-RIGHT: Cathy Harvey, Joan Tarman, Nancy Stuart. ABSENT: Vivian Carvell, Charmaine Best, Janice Bixel.

Business Committee: TOP-BOTTOM: Joan Wool, Susan Burk, Brenda Sweigard, Linda Daniels, Roxy Corbett. ABSENT: Pat Dudek, Diane Cartwright.

Photography Committee: TOP-BOTTOM: Jim Myers, Vicky Skorinko, Deb Skunda, Theresa Lantz, Alda Williams, Linda Westbrook.

The making of a yearbook can be a very tedious and trying job at times, but with the help of Mrs. Rosencrance, Mrs. Dunkle, and Miss Paradis it became a very rewarding and worthwhile project. Without their advice, encouragement, and cooperation, our yearbook would not be what it is today. We gratefully thank each one of you for donating both your time and guidance.

Joan Paradis

Mary Ellen Rosencrance

Jeanne Dunkle

The Yearbook Staff would like to extend a very special thanks to Mr. Robert Gohrs who, without his continuous efforts and kind-hearted cooperation, the 1976 edition of "The Oak" would not have been possible. We sincerely thank you, Mr. Gohrs.

AT EVERY END THERE IS A NEW BEGINNING . . .

And as we complete this book of photographs and memories, we face the realization that the time is drawing near when we shall don our black stripes and white uniforms, and no longer be students of W. H. S. N., but rather alumni. We will look back upon what we have accomplished with gratitude, but then forge ahead with invincible spirit to achieve new goals. "The Spirit of '76" will be in our hearts, just as it was in our forefathers who strived to make a new beginning for our country 200 years ago; and now, each individual will strive to make a new beginning for himself.

So as we reach the end of another adventure
Look back with us on who we were yesterday,
But see us as who we are today.
And perceive the people we will be tomorrow . . .

AS WE BEGIN ANEW.

THE
SPIRIT
OF . . .
SUPPORTING

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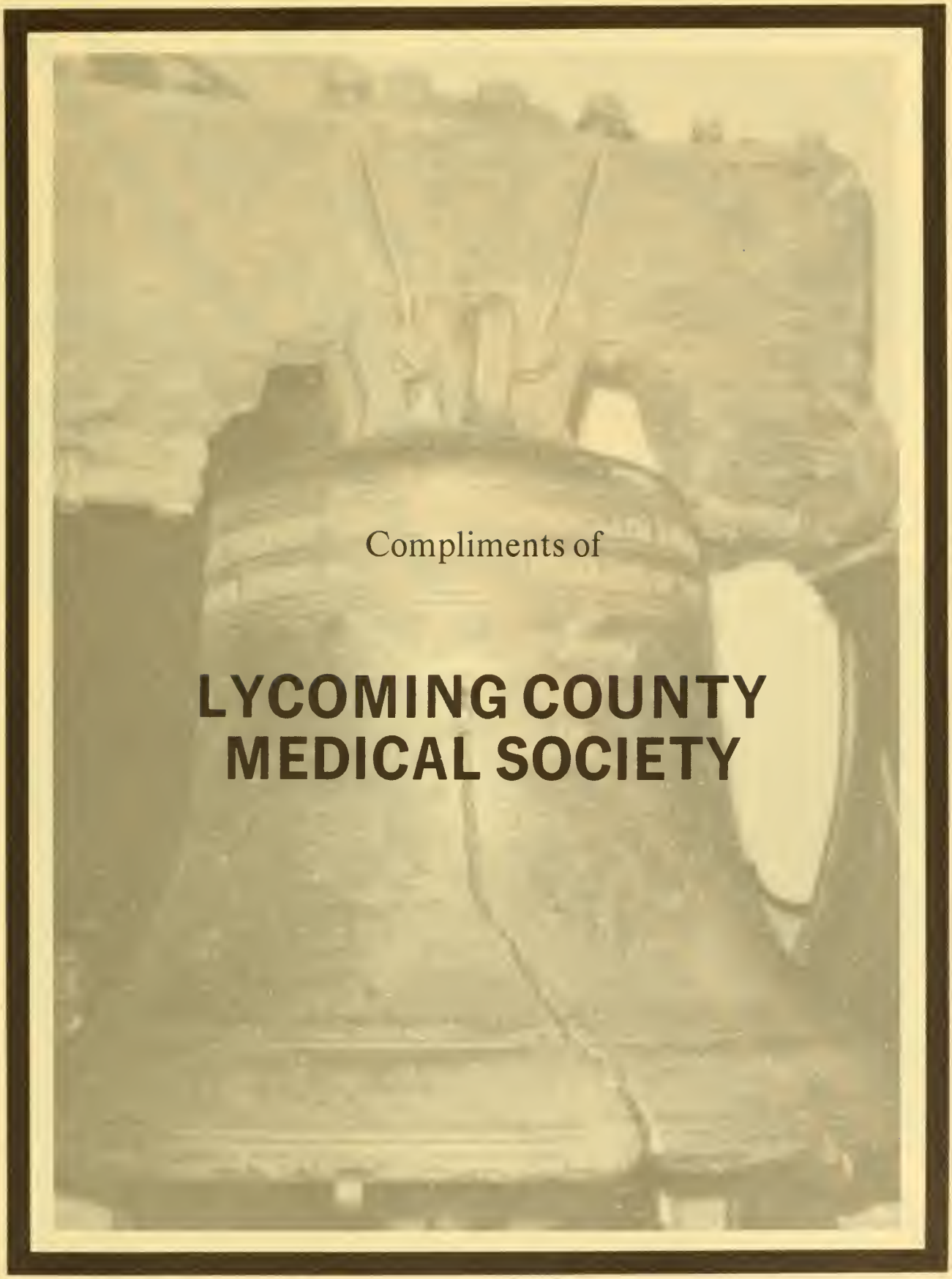

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real conversations
between friends.
Not the saying
but the never needing
to say is what counts.

—Margaret Runbeck

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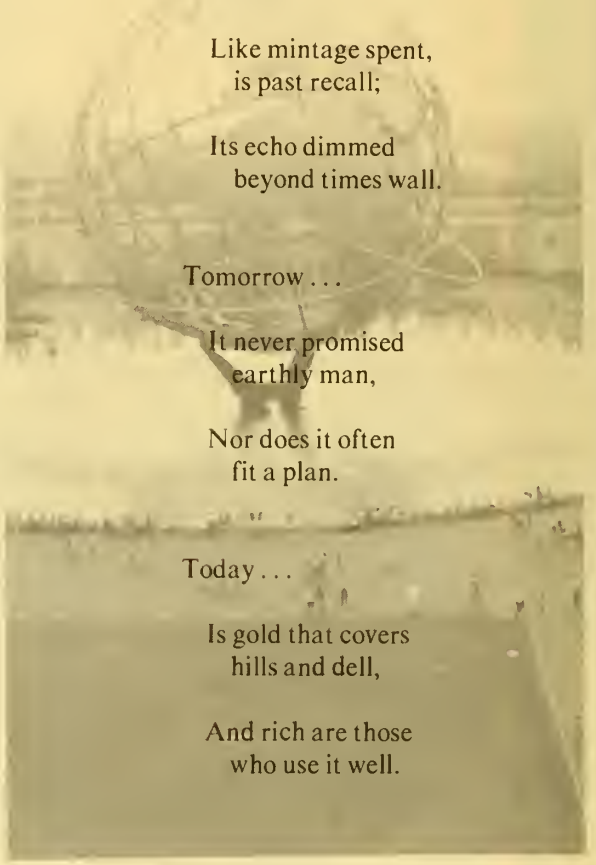

Yesterday . . .

Like mintage spent,
is past recall;

Its echo dimmed
beyond times wall.

Tomorrow . . .

It never promised
earthly man,

Nor does it often
fit a plan.

Today . . .

Is gold that covers
hills and dell,

And rich are those
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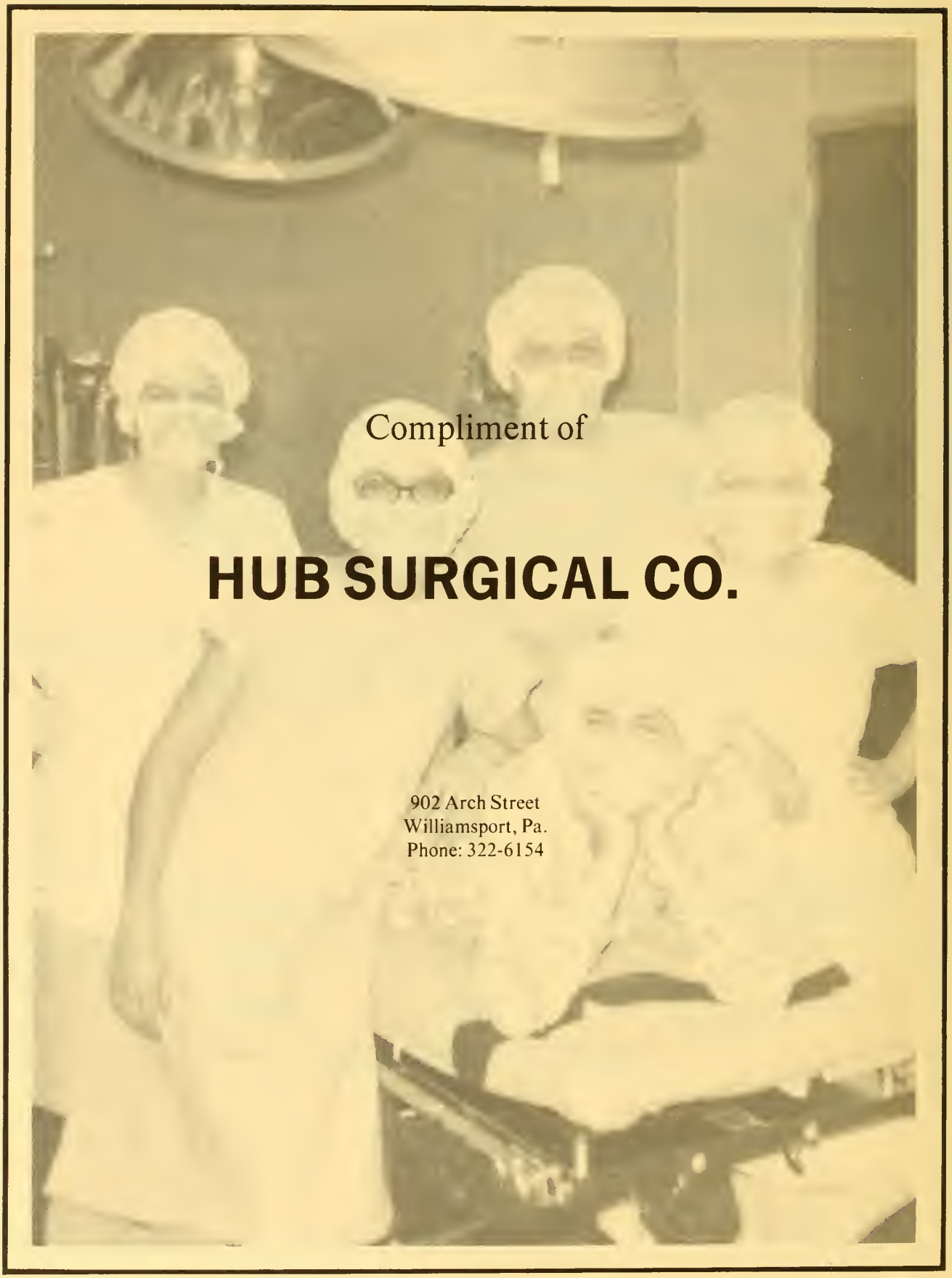
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I may not follow

Don't walk behind me
I may not lead

Walk beside me
and just be my friend.

—Camus

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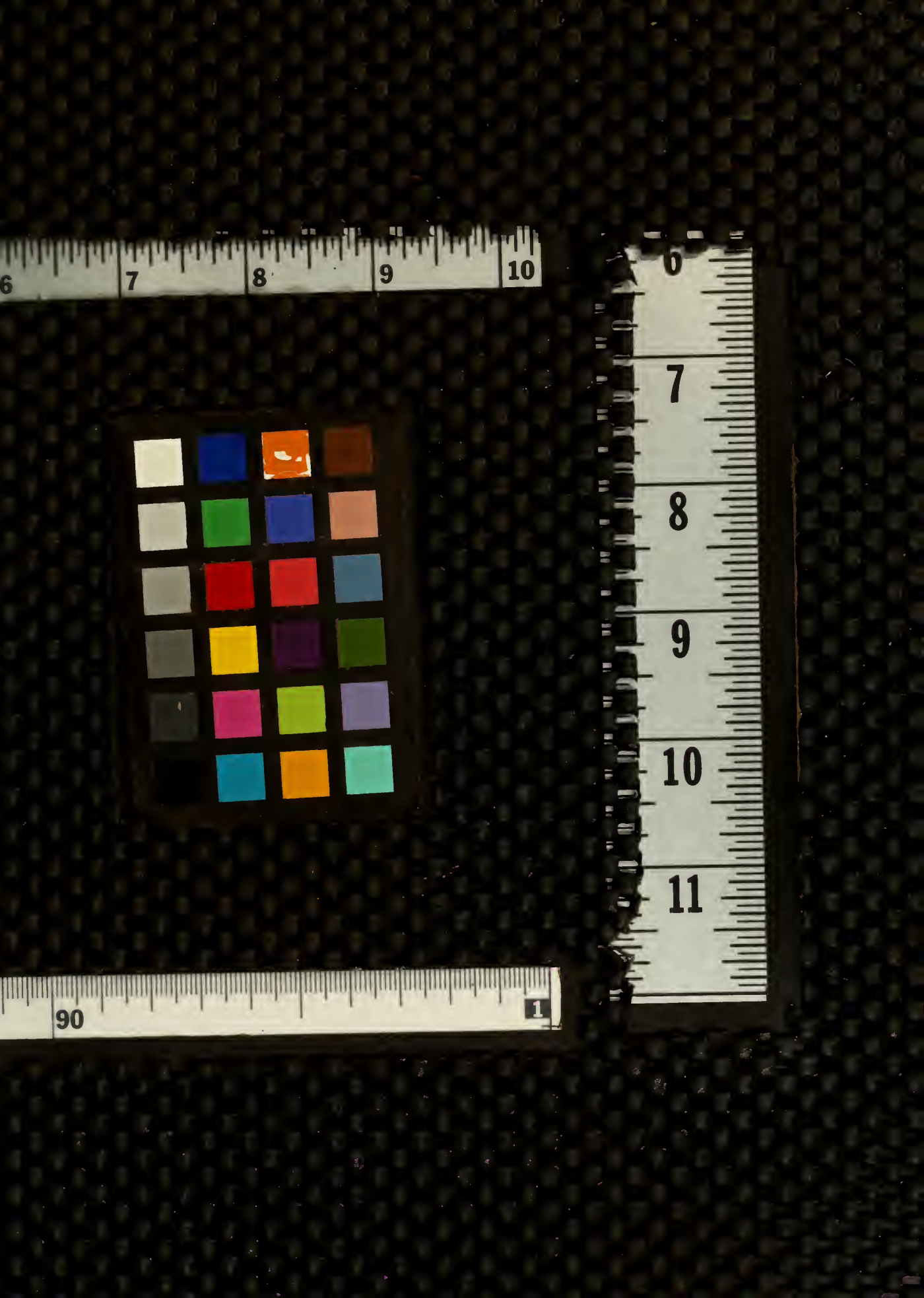
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